

# WELLNESS CHAMPION CHEER KIT



**Any time is the perfect time to help  
build community and energy.**

Incorporate these CHEER guidelines to create a healthy work environment:

**C**ommunicate

**H**ealthySteps to Wellness is your partner

**E**xpert on wellness platform and HealthySteps to Wellness website

**E**nthusiastic about joining forces as a community of Wellness Champions

**R**ole Model to others

# Power Up Meal Prep

## The top 6 skills for feeling confident about nutritious meal prep



### SKILL #1

#### Choose real food from the Healthy Eating Guidelines

This guideline is from Harvard's Department of Nutrition, T.H. Chan School of Public Health. Use the following foods sparingly: red meat, butter, refined grains, white bread, white rice, pasta, sugary drinks, sweets and salt.

### SKILL #2

#### Learn to cook five favorite healthy meals

Adapt favorite recipes to include healthy oils and reduced salt. Experiment with new herbs and spices to enhance your favorite recipes. Double the recipe and use leftovers for additional meals. Try the BigOven.com app!

### SKILL #3

#### Add more greens and veggies

Dietitians indicate that many standard diets lack the recommended amounts of green vegetables. Add small amounts of greens to an entrée, soup, stew or a smoothie. Slice up vegetables in larger quantities and place them in baggies for easy grab and go throughout the week.

### SKILL #4

#### Prep healthy snacks in advance

Healthy 200 calorie snacks can help fuel sustained energy during busy shifts and help regulate blood glucose levels. Pack fresh snacks as well as snacks with longer storage life such as almonds and apples.

### SKILL #5

#### Aim for healthy take-out options

When ordering from a restaurant look for these words: Baked, Broiled, Grilled, Poached, Roasted, Steamed or Stir fried. Both SHC Market Cafe and the LPCH Harvest Cafe serve healthy meal options when there is no time for meal prep.

### SKILL #6

#### Be mindful of take-out portions

Share an entrée or set aside a portion for a later meal. Use the palm of your hand to estimate the correct portion size for chicken or fish.

# How to create an action plan for a skill challenge.

*\*From the work of Dr. Kate Lorig, Chronic Disease Self-Management Program, Stanford Patient Education Research Center and Self-Management Resource Center*

## THE ACTION PLAN

- 1. Something that you (or your team) genuinely want to do**
- 2. Achievable**
- 3. Action-specific**
- 4. Answer the questions:**
  - a.** What? (specific action)
  - b.** How much? (time, distance or amount)
  - c.** When? (time of day or which days of the week)
  - d.** How often? (number of days in the week)
- 5. Confidence level of 7 or more**  
on a scale of 1-10 (1 = not at all confident  
10 = extremely confident)

## EXAMPLES

### Snack Attack Exchange

*Our team will set up a day when co-workers bring in their favorite or creative healthy snack. We'll display them for other co-workers to sample.*

### Trail Mix Buffet

*Our team will organize a pot luck trail mix buffet day. We'll bring in various types of nuts, seeds and dried fruits. We'll line them up buffet style and scoop our favorites into snack size baggies.*

### New & Improved Potluck Day

*For the next potluck our team bring in their favorite dish adapted to the Harvard Nutrition Department's Healthy Food Guidelines. We will incorporate extra veggies, reduced salt and healthy oils. We'll share our recipes!*

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## TEAM ACTION PLAN FOR A NUTRITION SKILL CHALLENGE

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_

**QUESTIONS?** Contact us at [healthysteps@stanfordhealthcare.org](mailto:healthysteps@stanfordhealthcare.org)